



Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Nov. 21 is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Next week's issue arrives Wednesday

The staff at the APG News will be starting earlier than usual on the paper next week so that readers will have the paper before the Thanksgiving holiday.

Look for the APG News to be delivered Wednesday instead of Thursday next week.

Issues being accepted for Army Family Action Plan XXII

The annual Army Family Action Plan Conference is scheduled for Feb. 26 through 28. Suggestions, ideas and input are now being accepted. Members of the community are needed to submit issues/recommendations that are important to them, APG, and the Army as a whole.

The deadline is Feb. 8. Submitted issues will be reviewed and prioritized at the AFAP XXII Conference.

For more information or to submit issue forms, call Marilyn Howard, AFAP Program manager, 410-278-9669, or e-mail Marilyn.E.Howard@us.army.mil.

Housing Office closed Nov. 21 through 25

The Housing Office, building 4305, will close 4 p.m., Nov. 21 and will reopen 7:30 a.m., Nov. 26.

Tampering with smoke detection devices prohibited

All personnel who work and live on APG are reminded that no individual or group of people is authorized to tamper or remove from service any fire alarm or fire protection device

See SHORTS, page 7

Issue Highlights

- Page 2...** Chapel holds Hallelujah Harvest
- Pages 3...** A personal look at CFC
- Pages 4...** Report from Well-Being meeting
- Page 6...** Community Notes
- Page 8...** A helping of Stone Soup
- Page 9...** Safety: Eating safely over the holidays
- Page 10...** MWR
- Page 14...** KUSAHC Health Notes
- Page 15...** Veterans' Voices



Photo by SEAN KIEF, APG PHOTO LAB

During the Army Family Covenants Signing ceremony at the Aberdeen Proving Ground Recreation Center Nov. 8, Command Sgt. Maj. Hector G. Marin, U.S. Army Research, Development and Engineering Command, signs the Army Family Covenant. Installation leaders, Soldiers and Family members looking on include, from left, Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, Brig. Gen. Kevin R. Wendel, commander of the 20th Support Command who was representing APG and RDECOM commander Maj. Gen. Fred D. Robinson, Spc. Lyle Haller, Kirk U.S. Army Health Clinic and Sgt. 1st Class Anthony Jones, 22d Chemical Battalion and his wife Antoinette and daughter Arlasia, 5. Not shown is APG Garrison Command Sgt. Maj. Pedro Rodriguez.

APG confirms Army Family Covenant

Story by
YVONNE JOHNSON
APG News

Aberdeen Proving Ground leaders reaffirmed their commitment to Soldiers and Family members during the Army Family Covenant Signing Ceremony at the APG North Recreation Center Nov. 8.

Installation and community leaders, local and state representatives, and hundreds of Soldiers, civilians and Family members attended the ceremony.

Brig. Gen. Kevin R. Wendel, commander of the 20th Support Command; Col. Jeffrey S. Weissman,

APG Garrison and deputy installation commander; Command Sgt. Maj. Hector G. Marin, U.S. Army Research, Development and Engineering Command and Garrison Command Sgt. Maj. Pedro Rodriguez led the ceremony.

Flanked by Soldiers and Family members representing the APG community, the four leaders signed the covenant after Weissman briefed the assembly on recent, ongoing and future initiatives to improve the quality of life for Army Families.

Also during the program, representatives of senators Barbara Mikulski and Ben Cardin presented

letters of support.

Quoting Army Secretary Pete Geren, Weissman said that "Soldiers depend on the health of their Families" and that the APG signing marked the continuation of similar ceremonies throughout the Army.

"The Army and Aberdeen Proving Ground will provide Families with a strong and supporting environment," Weissman said.

He talked about "things done over the last three

See COVENANT, page 5

Marin accepts the reins as RDECOM's senior NCO

Story by
LARRY D. MCCASKILL
RDECOM Public and Congressional Affairs

For one command sergeant major the journey from meager surroundings of Honduras to the U.S. Army Research, Development and Engineering Command's senior enlisted position was one of perseverance and pride.

Command Sgt. Maj. Hector G. Marin accepted his new position as the RDECOM Command Sergeant Major Oct. 4, during an Assumption of Responsibility ceremony hosted by Maj. Gen. Fred D. Robinson Jr., RDECOM's commanding general.

In accepting the position as the RDECOM command sergeant major, he became the

organization's senior noncommissioned officer and senior advisor to the commanding general in all matters pertaining to enlisted personnel, mentor and counselor for subordinate command sergeants major and leader of a composite team of sergeants major at Aberdeen Proving Ground, Md.

Marin also provides lead-

ership in the areas of Soldier retention, noncommissioned officer professional development, Soldiers' quality of life issues throughout the command and a variety of other programs.

Born in Honduras, Marin's Family moved to the United States in the Bronx, N.Y., when he was 11 where he discovered a world full of opportunities he

would soon take advantage of.

"When you grow up in a poor country, you have aspirations of what you want to be but few opportunities," said the 26-year veteran. "When my Family arrived in the states, I began taking advantage of everything that was offered. The education, the culture, so many other things

See MARIN, page 6

61st Ordnance Brigade welcomes new top NCO



Col. Bobby A. Towery, commander of the 61st Ordnance Brigade and U.S. Army Ordnance Mechanical Maintenance School, left, passes the Noncommissioned Officer Sword to incoming brigade Command Sgt. Maj. Donald J. Freeman during his Welcome Ceremony at Ordnance Circle Oct. 31.

Story and photo by
YVONNE JOHNSON
APG News

The U.S. Army Ordnance Mechanical Maintenance School's 61st Ordnance Brigade welcomed its new command sergeant major during a ceremony at Ordnance Circle Oct. 31.

Command Sgt. Maj. Donald J. Freeman formally assumed the position during a Passing of the Sword ceremony between him and the brigade's commander, Col. Bobby A. Towery.

Towery said that a command sergeant major is a man of great courage and that Freeman is that man.

"He comes to us strong, Army strong, with an understanding of how to take care of Soldiers and their Families," Towery said. "I know that you will lead us well."

Freeman thanked his wife and parents, saying, "I am the man you raised me to be," and his wife for "keeping the home fires burning."

"I couldn't have accomplished anything without you," he said.

He also thanked Brig. Gen. Rebecca Halstead, chief of Ordnance and commander of the U.S. Army

Ordnance Center and Schools, OC&S Regimental Command Sgt. Maj. Daniel A. Eubanks, and Towery and said that he looked forward to leading the brigade's Soldiers.

"I'm proud to serve with these brave men and women who have volunteered to serve their country during this time of war," Freeman said. "May God bless the U.S. Army and the United States of America."

Chaplain (Maj.) Patrick Basal offered the invocation and Staff Sgt. Kathleen Bradley narrated the program.

Command Sgt. Maj. Donald J. Freeman

Freeman enlisted in the Army in 1985. He has served in every key leadership position from squad leader to sergeant major.

His previous assignments include the 3rd Infantry, 2nd Armored Cavalry, 1st Cavalry and 10th Mountain divisions. In addition, he has served in five operational deployments including combat tours in Iraq and Afghanistan.

Freeman's military education includes all levels of the Noncommissioned Officer Education System

See FREEMAN, page 4

OMMS takes youths to school

Story and photos by
YVONNE JOHNSON
APG News

As part of an ongoing partnership between Aberdeen Proving Ground organizations and local schools, the 16th Ordnance Battalion invited students from an Edgewood High School physics class to spend a day learning basic vehicle recovery and rigging techniques with instructors from the U.S. Army Ordnance Mechanical Maintenance School's Advanced Automotive Recovery Department.

The students, all athletes, within the high schools athletic program, were led by Dr. Jim Lamb, a physics teacher, and physical education instructors John Wallace and Kathleen Donaldson. The two days of

instruction included classroom instruction and hands-on training, the same as performed by Advanced Individual Training students, according to Staff Sgt. Vasquez, noncommissioned officer in charge of the Mire Pit.

On the first day, Vasquez taught vehicle recovery, rigging and safety. He reviewed the use of safety equipment, the eight steps of recovery, the use of natural and mechanical anchors and resistance and mechanical advantages. The next day the students got their feet wet in a mire pit during hands-on instruction of an actual vehicle recovery.

Along with Vasquez, Sgt. 1st Class Steven Holem instructed the students in determining the

See STUDENTS, page 13



Sgt. 1st Class Steven Holem, Automotive Recovery Division, left, and Edgewood High School students push a truck into a mire pit before starting a vehicle recovery class at the U.S. Army Ordnance Mechanical Maintenance School training site Oct. 30.

Smokers encouraged to 'Kick Butts' during annual 'Smokeout'

DoD Military Health System

TRICARE and the Military Health System encourage service members, their Families and retired beneficiaries to visit www.ucanquit2.org, in celebration of the annual Great American Smokeout today.

Ucanquit2.org is the official Web site of the "Quit Tobacco. Make Everyone Proud." educational campaign sponsored by the Department of Defense. The mission of the site is to help uniformed service personnel quit tobacco—for themselves and for the people they love.

See SMOKEOUT, page 8

Hallelujah Harvest draws dozens to APG Chapel

Story and photos by
YVONNE JOHNSON
APG News

Pony rides, face painting, game rooms and more greeted dozens of youths and parents who attended the Aberdeen Proving Ground chapel's Hallelujah Harvest Oct. 31.

A spiritual alternative to Halloween, the Hallelujah Harvest is popular with parents because it offers a safe environment in which to celebrate the holiday.

Members of the Protestant, Gospel and Catholic services hosted the event.

Chaplain (Capt.) R. Randle Thomas, 16th Ordnance Battalion, opened the evening with a message and prayer in the chapel's sanctuary. Thomas explained the origins of Halloween and the reasons it is associated with 'evil' or 'scary things' like goblins, ghosts and witches. He said that because this is the time of year when the people are celebrating their harvests, the positive theme of the Hallelujah Harvest counters the negative messages that often spring from Halloween.

"As Christians, we don't have to worry about frightening away evil spirits," Thomas said. "As an alternative to a celebration of evil and death, Christians should rise up and say, 'Now we can go forward and celebrate what the Lord has done for us.'"

"All of us should walk in the light of the Lord," he said.

After a brief prayer in which he offered thanks "for the privilege and honor to come together and celebrate All Hallow's Eve," he encouraged revelers to "go forth and celebrate."

At the registration table in the chapel foyer, Amy Shipley, a member of the Protestant Service, and other volunteers greeted attendees, distributed name tags and encouraged all to take a Bible Trivia challenge or guess the amount of candy bars in a jar to win a prize.

The fellowship hall as well as each classroom was transformed into either themed game or arts and crafts rooms for toddlers, children and youths, many of whom wore costumes of Biblical characters.

In one arts and crafts room, Martha Harris-Ceballos guided children and parents through a Cornucopia and Fruits of the Spirit art project.

A volunteer from the Gospel Service, she said organizers wanted to come up with a project parents and children could work on together.

"We've had a very large turnout,



Clara Hohmann, right, helps her granddaughter Abigail assemble a cornucopia project in the arts and crafts room during the Aberdeen Proving Ground Chapel's Hallelujah Harvest Oct. 31. Clara is dressed as the Bible's Ruth, and Abigail is the Queen of Sheba.

and everybody seems to be enjoying themselves," she said.

Staff Sgt. Brian Hohman, 16th Ordnance Battalion, agreed as he watched his three daughters and his mother work on their projects. A member of the Protestant Service, Hohman's wife, Sandra, monitored the music room next door.

"They've been looking forward to this," Hohman said. "It's a good Family night out."

Other events included a game room, where Ricky Coley, a civilian mechanic with the U.S. Army Ordnance Mechanical Maintenance School and member of the Gospel Service, ran putt-putt golf and Turkey Feather Frenzy and the Harvest Photo Booth where children posed with a scarecrow and received a free photo.

Outside, children enjoyed a petting zoo that included chickens, a rooster, goats, guinea pigs, an alpaca, and a 45-pound rabbit as well as pony rides provided by Jake's Party Animals.

"I'm an ex-service man and that's why I come out here," said Jake,



Eight year-old friends Lauren Pomroy, as Princess Jasmine, and Kamryn Henderson, dressed as an angel, show off the artwork on their faces during the Hallelujah Harvest at the Post Chapel Oct. 31.

adding that he served in the Navy 50 years ago.

He and his daughter-in-law, Joanne, spent the evening escorting

youngsters on pony rides, assisted by Hunter Floyd, executive officer of the 203rd Military Intelligence Battalion and a volunteer from the

chapel's Protestant Service.

"I'm just out here helping out; I grew up around animals," Floyd said.

Attendance was high for the event, which was the largest in years, according to Deneen Henson, youth ministry leader for the Gospel Service and one of the program's organizers.

"It's twice as big as last year," Henson said, noting that the harvest was a combined effort and that, "everyone worked together to make this a special night for our kids."

"This year went to a whole new level," added Chief Warrant Officer 4 Larry Giles, an organizer from the 61st Ordnance Brigade, as he watched children playing with the animals in the petting zoo.

"We wanted to focus on nature and all things that are good," he said. "This just makes it an even better event."

Firefighters and paramedics from APG's Fire and Emergency Services Division gave tours on a ladder truck and a fire engine and about 25 Soldiers from the 16th Ordnance Battalion assisted organizers.

Jesse Shanks, Protestant Service lay leader, said that the event was "tops."

"I've been to a lot of these events but this one beats them all," Shanks said.

Retired twice from military and government service, Shanks said he has been with the congregation for more than 33 years.

"I enjoy it; I feel safe and secure here," he said, adding that all the congregations, "spare no effort in creating a safe and fun learning environment for our children."

"They did an outstanding job this time," he said. "It's the best I've ever seen."

Children and parents agreed. "It was fun. I liked the zoo outside," said 12-year old Daniaella Williams, adding that she wants to be a veterinarian.

"This was so different," said her mother Jackie Williams, an employee with Child Youth Services. "We heard about it, and we came over," she said. "There was so much to do. They really went all out for these kids."

At the end of the evening, Thomas thanked everyone for coming, particularly the volunteers who organized the games, served refreshments and stayed behind to clean the chapel. He credited his mother, Carol Malloy-Thomas with playing a key role in the

See HARVEST, page 13

APG employees conjure up ghosts in Havre de Grace

Story and photo by
YVONNE JOHNSON

Two Aberdeen Proving Ground employees with Family roots going back five generations in Harford County, spent the Halloween season hosting walking tours of reputed haunts in the city of Havre de Grace.

Lisa Ryan, an accounting technician at Army Lodging's Swan Creek Inn, and her father, Dr. Kenneth Silver Unruh, an operations research analyst with the U.S. Army Test and Evaluation Command, have been volunteering as guides on the Haunted History Tour, commonly referred to as the Ghost Tour in Havre de Grace.

The tours are held every Friday and Saturday in October and the first Friday and Saturday in November. During the tours, guides lead participants through the historic district, stopping outside private businesses and residences where the ghosts of those who passed on long ago are said to still linger.

The guides dress in 1800s-period clothing as they lead the tours. Ryan, who is in her second year with the Haunted



Aberdeen Proving Ground employees Kenneth Silver Unruh, left, and Lisa Ryan, right, get their instructions for the evening from Jennifer Rezar, center, as they prepare to take customers out on the Haunted History Ghost Tour in Havre de Grace Nov. 3.

History Tour, and Unruh, who said he joined the tour to spend more time with his daughter, said they add the knowledge they gained through Family

stories passed down over the years to each tour.

"She was doing it, and I thought it sounded like something we could do together,"

Unruh said.

Dressed in a top coat and hat and carrying his grandfather's pocket watch, he said that with four generations of

grandparents, they have a lot to add to the tours.

"I just like telling people about the things I know," he said.

Ryan, who won the Army Lodging Employee of the Year Northeast Region award earlier this year, said she enjoys the people, especially the children who attend the tour.

Tourists register for the Ghost Tour in advance, by phone or e-mail, and then meet outside the Laurrapin Grill on Washington Street. After separating into groups of about 18, they and their assigned guides take off to visit local 'haunts.'

Average tours last about one hour and 20 minutes according to Jennifer Rezar, a volunteer with Havre de Grace Mainstreet, the non-profit organization that operates the Ghost Tour and other historical events as fundraisers for the area's ongoing beautification project.

Along with Amanda Gordenico-McFadden, who oversees the operation, Rezar said the Ghost Tour averages about 20 tourists per tour and five tours are offered each night.

"Last year we had about eight hundred people come through in four weeks," she said. "The tour is most popular at Halloween, but we will give group tours year-round."

On her Oct. 2 tour, which started just after 7 p.m. and returned about 8:45 p.m., Ryan entertained customers with local legends, ghostly tales and reported modern-day sightings.

As they wound their way down the historic streets, the tour-goers learned a bit about Havre de Grace history as well.

Ryan began with a safety briefing and a word of caution asking participants to respect the private properties along the way.

At each stop, she told stories of apparitions appearing and disappearing, of voices of the dead crying out in the night and electrical appliances shutting off and on by themselves.

At one stop, Golls Bakery, Ryan said the building was once a hotel that burned down, taking the lives of several of its occupants.

"People who work and live

See TOUR, page 13

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised. For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD

21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG Commander	Maj. Gen. Fred D. Robinson
APG Garrison Commander	Col. Jeffrey S. Weissman
Public Affairs Officer	George P. Mercer
Editor	Debi Horne
Editorial Assistant	Marguerite Towson
Contract Photojournalists	Yvonne Johnson
Graphic Designer/Web Designer	Ken Schmidt
Web site	www.apgnews.apg.army.mil

Commentary: Taking a personal interest in the CFC

By **CATHY STARKEY**
Special contributor

There are many worthy charities and non-profit organizations qualified to receive your donations through the Combined Federal Campaign.

We all know someone who’s had a stroke, heart attack, or cancer; or who lost everything when their home burned down. So, most of us have a very personal reason for choosing the particular organization we want to receive our contributions.

My name is Cathy Starkey and I’ve been employed at Aberdeen Proving Ground for 21 years. For most of those years, I contributed to various charities through CFC.

Three years ago my reason for contributing became much more personal when tragedy struck my Family, and we found ourselves in need of services from one of the organizations listed in the CFC contributor’s guide.

On May 1, 2004, the day before his 25th birthday, my son, Mike, was involved in a serious car accident. In addition to numerous physical injuries, Mike sustained a severe head injury. After spending three weeks in Shock Trauma, Mike was transferred to the Traumatic Brain Injury Unit at Kernan Hospital [in Baltimore] where he received daily physical, occupational and speech therapies in the coma emergence program.

One of the first non-medical people to contact us at Kernan, was a representative from the Brain Injury Association of Maryland, or BIAM. She invited my husband and me to sit down with her and chat, and she compassionately listened to our tearful story and endless list of fears and worries about our son’s recovery.

She did not overwhelm us with literature, but simply gave us a small pamphlet and said that BIAM would help us to navigate the upcoming journey of his rehabilitation in any way they could. She told us that much help was available and

asked us to stop in for more information when Mike was closer to being discharged.

After seven weeks in Kernan, Mike was fully conscious and physically able to come home.

Sometime during his last



week there, I revisited the small BIAM office in the hospital, and I received a number of articles and information about brain injury recovery. I was told to call them any time with questions or concerns.

Once Mike was discharged from Kernan, he continued to receive outpatient therapy for the next six months. After those therapies ended, it was basically up to us to figure out what he needed and what the next step should be. It was at this point that BIAM became an invaluable resource to our Family.

We began attending BIAM’s monthly support group meetings where we met other brain injury survivors and their Families. We shared our personal stories, individual challenges and recovery milestones. Mike forged friendships with several young people his age, and they have continued their own small “support group” outside of the monthly meetings.

BIAM also has a mentoring program which gives survivors another means of support from someone who has reached a point in their recovery that they can offer encouragement through a one-on-one relationship.

Through BIAM’s Web site and monthly newsletter, I have been able to find dozens of books on brain injury, and up-to-date information and a calendar of events taking place to promote the prevention of this traumatic injury.

BIAM sponsors a conference each March, which we

have attended the past two years. This two-day conference offers seminars and workshops presented by medical and other professionals on topics ranging from behavioral changes and treatment strategies to community services and applying for Social Security disability benefits.

In 2006, BIAM sponsored my trip to the national Brain Injury Association of America Caregivers Conference in Washington, D.C.

Ultimately, it was through BIAM that we learned about the Division of Rehabilitation Services, or DORS, which is part of the Maryland Department of Education. Through DORS funding, Mike has received medical, functional and neuropsychological evaluations, and career assessments, and he has participated in numerous cognitive rehabilitation programs and learned strategies to compensate for some of the residual effects of his injury.

Mike has a good support system of friends and Family and has diligently worked hard and successfully completed all of the programs he’s attended. I am very confident that he will be able to achieve his personal goals of reentering the workforce and living an independent life.

Over the past three years, BIAM has been a wonderful resource to my Family, and we are very grateful that Maryland has such an active Brain Injury Association.

Their office space and paid staff are very small, but they have a dedicated group of volunteers who are very responsive to helping anyone with a brain injury receive needed services. Brain injuries are not only caused by car and motorcycle accidents; but also by strokes, surgeries, falls and numerous other events.

To contact BIAM, call 410-448-2924, or visit their Web site at **<http://www.biamd.org/>**. The organization code in the CFC Contributor’s Guide

is 89538 on page 94.

For more information, contact Pete Leon Guerrero, CFC

chairman, 410-278-1399.

(Editor’s Note: Cathy Starkey is an administrative

support specialist with the Army Contracting Agency, APG Directorate of Contracting.)

Visit
APG
News
online at
[www.
apgnews.
apg.army.mil](http://www.apgnews.apg.army.mil)

Safety, health, housing issues lead October Well-Being meeting

Story by
YVONNE JOHNSON
APG News

Safety, housing and fall clean-up were the main topics of discussion during the monthly Well-Being Action Council meeting Oct. 18.

Sitting in for Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, Tim McNamara, deputy to the Garrison commander, and Garrison Command Sgt. Maj. Pedro Rodriguez led discussions and thanked all who participated in or supported the Fall Fest that was held Oct. 13.

“It was a great community event with a lot of effort put into it by units here,” McNamara said.

Stacie Umbarger, Leisure Travel Office followed with a presentation on upcoming events which include discounted tickets to local dinner theaters and to the Radio City Music Hall Holiday show, Nov. 24, Dec. 1, 2, 9 and 14 thru 16. For more infor-

mation, contact MWR Leisure Travel, building 3326, 410-278-4011/4907 or visit **www.apgmwr.com** and click on InDemand.

Garrison

Rodriguez said that personnel have been running PT in the mornings on off-limits roads, such as Route 715, without reflective gear.

“You cannot run on this installation without a PT belt or reflective gear,” he said. “This does not apply only in low light situations; it’s whenever you’re running on the installation.”

In addition runners should be running against the traffic and the use of Walkmans or headphones of any kind while running is prohibited, he added.

“This applies to anyone running on the installation, Soldiers and civilians alike,” Rodriguez said.

He also said that he had received an e-mail concerning needed repairs. It should not be sent to him but to the Directorate of Installation Operations and that all complaints should be addressed through the chain of command before they reach his desk.

“I am not the action officer,” he said. “Before a complaint is raised to my level, make sure you use your chain of command.”

Rodriguez said he had hoped the movie theater would be operational in November but that it will take more time due to distribution and equipment issues.

“It will not open [now] but it will open,” he said. “Food sales are what will keep the theater open. The purpose is not to make a profit; the purpose is to be self sustaining.”

AAFES

Prepaid gift cards to AAFES and other local businesses as well as phone cards are now available for purchase at the Main Exchange.

Kirk U.S. Army Health Clinic

Listeners were asked not to use the Well-Being meetings as a forum to solve issues or problems with KUSAHC services.

“Saving them for here is waiting too long,” said Col. William Rice, KUSAHC commander. “We have a Patient Advocate, Deborah Dodsworth, who can assist you.”

Call Dodsworth at 410-278-1724.

Rice reminded listeners that health care is a partnership, requiring action by both the provider and the patient.

“Even if you are told to expect a call, please make sure that you follow up with a call if you don’t receive it in a timely man-

ner,” Rice said. “Don’t risk your health by not following up, just in case something fell through the cracks.”

He said that there were still problems with the Automatic Call Distribution and thanked everyone for their patience during the expansion of the pharmacy.

He said that callers should go to TRICARE Online if they can’t get through to the call center and that cards explaining how to register for and make appointments using TRICARE Online were available for users.

Rodriguez added that with TRICARE Online, appointments can be made starting at midnight.

Flu vaccines

Rice said that at the present time there were 5,000 doses of mist and 200 injectables on hand. Soldiers have priority for flu shots. Primarily, the priority is to issue the mist to Soldiers, he said. All others should call the flu hot line or access the Web site to keep updated on availability and eligibility. Those age 50 and over must have the injections, he said.

DIO

Housing director Pat Hector said that because of a “big surge” over the summer, the waiting list for quarters is approximately 60 days. In addition, \$250,000 was received for maintenance contracts, she said, and DIO is working with the contractor to get quarters ready as quickly as possible.

“We’ve given him thirty-four units, and our goal is to deplete the waiting list completely,” Hector said. “Our goal also is to have quarters available for a Soldier who is PCSing into Aberdeen either immediately for two, three or four bedrooms, or within two weeks.”

Concerning fall cleanup, Hector said that trucks will be available to pick up leaves in the housing areas and that senior area coordinators would be distributing schedules.

DMWR

Marilyn Howard, Army Community Service, announced that groups are still needed for the Holiday Gift Wrap program at the Main Exchange. All APG Family readiness, non-profit and volunteer activities are eligible to participate. Gift wrapping begins the day after Thanksgiving and runs through Christmas Eve.

“This is a good money maker for organizations and a quick way to replenish your funds,” Rodriguez said.

For more information contact Howard 410-278-9669.

Eileen Campbell, school liaison, announced that 1st Sgt. Tracy Rosebrook, Noncommissioned Officer Academy, led a tree planting at Halls Crossroads School and that Capt. Jacob Grabia, 61st Ordnance Brigade, led a PT session with brigade Soldiers and members of the Edgewood High School sports teams.

Safety

Overton (Rick) Johnson, chief, APG Safety Office, distributed handouts on food allergies associated with candy and Halloween fire hazards and safe conduct. He encouraged the wear of PT belts for joggers and suggested making reflective gear available for sign out at installation gyms.

“As joggers, we have a tendency to think that because we see vehicles, they can see us,” Johnson said. “That is not true. You must wear reflective gear.”

Open forum

A noncommissioned officer from the Joint Personal Effects Depot commented that more than 100 contractors within the organization have a short lunch break and inquired if they could be allowed to purchase items at the Shoppette and PX.

Rodriguez said that there are many places for them to eat on the installation, [including Top of the Bay, Donna’s Pit Beet, the Recreation Center snack bars, the Bowling Center, Anthony’s Pizza and the Subway sandwich shop in the APG North Shoppette].

“It is against the law for civilians and contractors to use the PX, the Commissary, the gas station and the Shoppette other than to pick up items for a single-serve lunch,” Rodriguez said.

McNamara added that part of the APG 2012 initiative in growing [and improving] the quality of life is looking at things like a convenience store for civilians and contractors.

“That is not only down the road but it’s pretty touchy because of AAFES’ right to cater to certain clientele,” he said.

Command Sgt. Maj. Hector Marin, U.S. Army Research, Development and Engineering Command, added that, “our vision [for 2012] needs to be that we tap into those resources. They also serve our nation. We may need to have a look at other installations and see what they are doing.”

Currently, only active duty military, retirees, activated members of the National Guard and Reserve and their authorized Family members may use the APG PX, Shoppette, Commissary and gas stations.

The next Well-Being Action Council meeting is 9:30 a.m. today, at the APG South Chapel.

Freeman

From front page
including the U.S. Army Sergeants Major Academy.

His awards and decorations include the Bronze Star, Meritorious Service, Army Commendation, Joint Service and Army Achievement medals as well as Afghanistan, Iraq and Global War on Terrorism campaign medals.

Freeman is a member of the Sergeant Morales Club and the Order of Samuel Sharpe.

He is married to the former Lori Howard and has two children, Tanner and Madison.

Passing of the Noncommissioned Officer Sword

The command sergeant major symbolizes the noncommissioned officers of the unit, the very core of the organization.

According to British tradition, the regimental sergeant major is the only unit member authorized to touch the unit colors, as such, in keeping with that tradition, the U.S. Army established the command sergeant major as the custodian of the colors.

The passing of the NCO Sword is symbolically powerful, like the passing of the colors in a change of command.

The passing of the sword helps to reinforce noncommissioned officer authority in the Army and highlights the support noncommissioned officers provide to the chain of command.

The passing of the sword signifies the assumption of responsibility of the care of the sword and in turn for the care of the Soldiers and NCOs of the organization.

Covenant

From front page

years and things being done today” to improve the overall quality of life.

Additionally, he stated that APG would benefit from the \$3 million earmarked by the Department of the Army for improvements to Family housing quarters at the end of fiscal year 2007.

“We were able to get additional monies to turn quarters over quicker and hope to exhaust the [waiting] list by the end of the year,” Weissman said.

He added that AAFES improvements have totaled \$3,193,567 million and have included upgrades to the main store and shoppettes as well as the addition of two new concessionaires – The Cup coffee shop and Subway sandwich shop.

Also, the Military Clothing Sales Store has extended its hours on Wednesday and Saturday to better accommodate Soldiers.

Other recent quality of life improvements include:

Army Lodging

Renovated 148 guest rooms in Swan Creek Inn totaling \$1.5 million, and

Executed \$158,000 in lodging enhancement projects in FY07.

Health care

Improved TRICARE On-line with online appointment booking,

Network referral authorizations are now provided at the same visit in which the referral was made,

Worldwide-accessible electronic medical records,

Pharmacy expansion,

Telepsychiatry,

Population health initiatives for preventive health services and disease management,

Patient feedback through the Army Provider-Level Satisfaction Survey,

Implementation for the Post-Deployment Health Reassessment (PDHRA),

Army Medical Action Plan

with a local Warrior Transition Unit,

Mobile Cardiac CT Scanner for cardiac screening,

Training for behavioral health professionals for the diagnosis and treatment of TBI, and

Choice of TRICARE Prime, Kirk U.S. Army Health Clinic or USFHP Johns Hopkins for health care.

Child Youth Services

LIONS Home School Group established,

Expanded partnerships with local schools and APG organizations including the U.S. Army Ordnance Center and Schools, the U.S. Marine Corps Detachment and four tenant groups,

Initiated Harford County Local Action Plan Committee to improve school transitions, and

Provided professional development training regarding military moves and deployment issues for school counselors at Transition Counselor Institute.

Army Community Service

Parents Children Together/Outreach Program,

Increased community awareness of APG Women, Infants and Children program,

Provided prevention and awareness education for new parents,

Trained and certified 61 teens to become Red Cross babysitters,

Family Advocacy Program,

Implemented 24/7 hotline and on-call roster for sexual assault cases – 410-322-7154,

Trained and certified 28 Uniformed Victim Advocates,

Implemented 24/7 domestic abuse hotline, 410-652-6048,

Coordinates with on- and off-post agencies to maximize services and resources for victims of abuse,

Exceptional Family Member Program,

Provides prevention and awareness education for respite care,

Trains providers to provide respite care,

Employment Readiness Program,

Operates Self Help Job Information Center with employment opportunity listings and Web sites,

Hosts job fairs,

Provides computer and small business development training,

Offers free monthly business newsletter and Job vs. Career teen classes,

Deployment and Mobilization Program,

Processed more than 300 Soldiers for SRP,

Trained seven Family Readiness Group leaders,

Provided individual assistance to waiting Families and conducted quarterly Waiting Family Support Group meetings,

Provided battle mind training for waiting Families,

Provided assistance to rear detachment commanders,

Army Emergency Relief,

Provided Stateside Spouse Education Assistance Program,

Provided personal financial management course to AIT students,

Provided AER assistance and loans during non-duty hours,

Better Opportunities for Single Soldiers (BOSS), and

Offers single Soldiers community service and recreational opportunities.

Directorate of Law Enforcement and Security

Policing Program partners with community organizations in support of military Families on post,

Drug Abuse Resistance Education (D.A.R.E.) program supported by CYS has been taught on post for the past three years, and

McGruff House was established to provide neutral location for remediation, conflict resolution community programs and overall support for Soldiers. For information, call 410-278-3609.

Morale, Welfare and Recreation

Provides gymnasiums, athletic and fitness centers for

group and individual training and classes as well as intramural sports program for service members,

Information, Tours and Registration features trips and tickets for official and leisure travel and events,

Operates two full-service recreation centers,

Operates a full-service arts and crafts center and one automotive center,

Operates award-winning outdoor recreation program featuring picnic areas, boating activities, hunting and fishing programs, equipment rental, swimming pools, riding stables, skeet and trap range, RV storage and used car sales lots and Chesapeake Challenge Family entertainment center.

Operates one 9-hole and one 18-hole golf course,

Operates two child development and youth centers,

Provides Family child care services,

Offers Summer Day Camp for children and youths, and

Offers special events such as Army Concert series; boxing, talent and comedy shows; Army Entertainment Division Soldier Show and APG 90th Anniversary activities.

In addition the APG Garrison has programmed numerous other improvements and expansions in the same programs as well as in the Training Barracks Improvement Program (T-BIP), which is already underway in two buildings with construction to begin in two other buildings in early FY08. Other planned changes include a changeover to leased housing slated for FY09 and the addition of commercial convenience stores for civilians and contractors not eligible to use AAFES outlets.

“That’s just some of the things we are doing and are going to be doing,” Weissman said. “With the Army Covenant, we will look at what programs are not available at APG and determine what funding we can get to add those in the future.”

Wendel said that the cer-

emony represented the “continued commitment that makes the Army Strong.”

“The Army is filled with great Soldiers who have answered the call to duty,” he said, adding that the Army is not just about taking care of Soldiers but also Families.”

He commented on recent and planned improvements Army-wide and said that the covenant is “designed to give Soldiers and Families the quality of life worthy of their sacrifice.”

“We recognize the strength of our Soldiers is the strength of our Families,” he said. “Thank you for all you have done to support America’s Army and for all you have done to support the APG installation.”

Marin added that it was a great day to be a Soldier because the covenant “promises support, resources and services for Army Families.”

“We understand that when Soldiers are away from their Families, they can lose focus on the mission,” he said. “Our

Families give so much to our Soldiers and they ask for so little in return. This is a ‘thank you’ to everyone who serves the nation for all the sacrifices you make every day.”

Soldiers and Family members were called forward to witness the Covenant Signing included Spc. Lyle Haller, KUSAHC; Spc. Jonathan Waite, 1st Area Medical Laboratory; Sgt. Leodon Cason, 16th Ordnance Battalion and his wife Carolyn and sons Dominic, 9, Michael, 7, and Andrew, 4; and Sgt. 1st Class Anthony Jones, 22nd Chemical Battalion and his wife Antoinette and daughter Arlasia, 5.

With his wife expecting their second child, Jones said he was happy to see the Army focusing more on Families.

“It was great to be a part of this,” Jones said. “And this is a great thing the Army is doing. I was proud to be up there representing the Army with my Family.”



Community Notes

From front page
FRIDAY
NOVEMBER 16
MCSC BASKET BINGO
FUNDRAISER

The Military and Civilian Spouses Club will hold Basket Bingo, 7 p.m., at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Doors open 6 p.m. Tickets cost \$12 for three cards and include food, drink, baked goods, raffles, door prizes and more. Support the MCSC and volunteer time to this great cause: Sponsor or fill a basket, donate door prizes, baked goods, soda or water; sell tickets, daubers or extra cards, volunteer for kitchen help, floor walkers, set up or clean up. Proceeds benefit Soldiers and their Families, civilians and the entire APG community. For more information, to purchase tickets or to volunteer, call Moira, 410-836-5937.

HAVRE DE GRACE
HOLIDAY CRAFT FAIR
There will be a free Holiday Craft Bazaar, 9 a.m. to 3 p.m., at the new Havre de Grace Activities Center located at 351 Lewis Lane. Begin holiday shopping now and don't miss the local talents from the area. Crafters will offer a variety of jewelry, gift baskets, ornaments and more. For more information or to reserve a

table, call 410-939-5121.
THE HIGHLANDS
SCHOOL BASKET
BINGO
The Highlands School, located on 2409 Creswell Road (Route 543), Bel Air, will hold its annual Basket Bingo. Doors open at 6 p.m., games begin at 7 p.m. Tickets cost \$12 per person. All proceeds will benefit programs at The Highlands School. For tickets or more information, call Connie Beckwith, 410-836-1415.

BASKET BINGO
Basket Bingo to benefit the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) will be held at the Elks Club located on Route 40, Havre de Grace. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$12 per person for all paper cards. Food, beverage, baked goods, door prizes and raffles will be available. For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Sherri Whiteman, 410-436-3177.
SATURDAY
NOVEMBER 17
HIKE BACK IN TIME
AT SWAN HARBOR
FARM
Hike with a naturalist at Swan Harbor and search this his-

toric site for signs of nature's preparations for winter. This program will be held noon to 2 p.m. for ages 10 to adult. Cost is \$4 and registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.
BASKET BINGO
Basket Bingo to benefit the USNTC Bainbridge Historical Association will be held at the VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 person for all paper cards. Food, beverage and baked goods, door prizes and raffles will be available. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Carolyn Spencer, 410-378-3219.

SUNDAY
NOVEMBER 18
SILVERTURTLES
Learn to prepare a meal cooked in foil over charcoal. This program will be held 10:30 to 11:30 a.m. for ages 8 to adult; ages 8 to 10 must be accompanied by an adult. Cost is \$5 and registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.
NEW PADDLERS
CANOE TRIP
Refresh old skills or learn new ones on a leisurely tour of Otter Point Creek. The canoe trip will be held 1 to 3:30 p.m. for ages 8 to adult. Cost is \$10 and registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

GET THE SKINNY ON

SCARVES
Just in time for the holiday season, learn basic crocheting techniques to craft a unique scarf to give away or keep. Beginners are welcome. Bring yarn and crochet needles. Guidelines for materials will be mailed prior to program. This event will be held 2:30 to 4 p.m. for ages 10 to adult. Cost is \$5 and registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

MONDAY
NOVEMBER 19
TOASTMASTERS
MEETING
Gunpowder Toastmasters Club 2562 will meet 11:40 a.m. at the Gunpowder Club, building E-4650, Parrish Road in APG South. The club is open to anyone on or off post who wants to improve their communication, leadership and listening skills and to overcome the fear of speaking in public. For more information, call Len Kolodny, 410-734-6573.

WEDNESDAY
NOVEMBER 21
WEDNESDAY WEE
WONDERS III
Celebrate fall by joining the naturalist and her wee one for stories, songs, live animals and outdoor exploration.

tion. This free program will be held 10 to 11 a.m. for ages 4 and under. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.
SATURDAY
NOVEMBER 24
CRITTER DINNER
TIME

Come watch turtles, fish and snakes eat and learn more about these creatures. This free program begins at 11 a.m. for all ages. No registration required. For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.
LUNA-SEE WALK
There is nothing like a hike with a full moon. Join a naturalist on a night hike through the Anita C. Leight Estuary Center's trails and enjoy the sights, sounds, smells (and tastes) of autumn. The program will be held 8:30 to 10:30 p.m. for ages 7 to adult. Cost is \$3 and registration is required. For more information, to register or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.
CHRISTMAS PRIZE
BINGO
VFW Post 8185 located on Route 222, Port Deposit, will hold Christmas Prize Bingo to

benefit the Ladies Auxiliary to the Water Witch Fire Company. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 for all paper cards for 20 games. Special single card packets cost \$5 each for children 8 and under; extra packs cost \$5 each. Tickets are available at the door. Refreshments, door prizes, toys, gifts, raffles and more will be available. All children must be accompanied by an adult. For more information or to purchase tickets, call Stephanie Gibson, 410-378-2672 or Bonnie Perkins, 410-378-2376.
SUNDAY
NOVEMBER 25
BASKET BINGO
American Legion Post 194, 336 E. Main St., Rising Sun, will sponsor Basket Bingo at 3 p.m. Cost of Bingo cards is \$10 for 20 games. Proceeds benefit Boy Scout Troop 28. For more information, call 410-658-3915, or e-mail basketbingo@zoominternet.net.
WEDNESDAY
NOVEMBER 28
ST. PETERSBURG
MEN'S ENSEMBLE
The St. Petersburg Men's Ensemble from Russia will perform Russian sacred music and folk songs 7 p.m., at Havre de Grace United Methodist Church located on 101 South Union Avenue. Friends, Family and neighbors are invited to attend the free evening of music.

Marin

From front page

became available. A lot of people take those simple things for granted and waste the opportunity to excel. I didn't want to waste it." Entering the military after graduating from Manhattan Vocational Technical High School, Marin has held a variety of positions throughout the Army and in addition

has earned his associate's and bachelor's degrees in professional aeronautical science from Embry-Riddle University. "I joined the Army when I was seventeen years old. I graduated from high school and went into the Army soon after," Marin said. "I wanted to join the Army, and I believed it was my duty to repay the country in any way possible. I guess I felt a sense of patriotism and a way of saying thanks." After his initial four-year tour, he entertained thoughts

of getting out but determined that life was not greener on the other side of the fence. "I found out a lot of the guys saying they had jobs lined up for after the military wasn't true. I sent out resumes, and I learned quickly that employers wanted men with experience, real experience. "Staying in wasn't a hard decision for me. I liked the structure and discipline so I decided to stay in and reenlisted for six more years," he said. The rest is history.

He moved up in military rank quickly, attending numerous military schools including the Army Master Fitness Course, Army Aviation Safety Course, Basic Noncommissioned Officer Course, Advance Noncommissioned Officer Course and First Sergeant's Course and the Sergeants Major Academy. "A command sergeant major is a Soldier who comes from the ranks and gets to a position where he has two overarching tasks: taking care of Soldiers and supporting the commander," said Marin, who is married with one son. "The more I learn about this vast enterprise that is RDECOM, the more I realize that at the end of the day each Soldier and Department of the Army civilian in their own way, also takes care of Soldiers. It is more subtle and less trumpeted than what I do perhaps, but as the headlines prove everyday, it is just as vital." Marin's next step is determining what he can do today for the men and women of tomorrow's Army while maintaining focus on today's Soldiers. "A leader's goal is determining what their legacy will be. What have you done for the organization that will continue after you are long gone? It's those types of decisions that help the organization move in to the future," he said. For today's Soldiers, Marin has the highest degree of respect, admiration and pride. "When I greet new Soldiers, I try to always start out with a thank you for their service. That's because they are entering knowing the situation, that we are a nation at war and that their country needs them. Their dedication and courage is tremendous. "The advice I give them is to follow and listen to their leaders and to place faith and trust in the chain of command," he said.

Post Shorts

From front page
or fire protection device without prior authority. Any specific questions on fire alarm and detection systems must be submitted to the Fire and Emergency Services Division, DSHE, APG North, 410-306-0572, or 410-436-4451, APG South.
For more information, call Edward Budnick, 410-306-0501, e-mail Edward.budnick@apg.army.mil.

Motorists: Road construction alert

Motorists are advised that road construction is ongoing in two restricted areas of APG North - portions of Mulberry Road from the area of Gate 13 (the main entrance to the U.S. Army Aberdeen Test Center) to the railroad tracks, and in the vicinity of buildings 437 and 439.

Road work is expected to last until Nov. 16.

For more information, call Michael Hardwick, 410-306-2305.

Well-Being Council meets today

The Well-Being Council will meet today at 9:30 a.m. at the Post Chapel.

RDECOM/CMA holds Holiday Food, Toy, Gift Drive

Through Dec. 12, the U.S. Army Research, Development and Engineering Command and Chemical Materials Agency is holding their annual Holiday Food, Toy, and Gift Drive for non-perishable foods and new or clean, gently-used toys for children. Toys are needed for infancy through teenage years. All items should be clean and in good working order. Donation sites are located in 27 buildings in APG South.

The drive will end with a ceremony at 10 a.m., Dec. 12, in building E-3549 (Berger Laboratory Cafeteria). Donations will be presented to Army Community Service and the 20th Support Command for distribution to the Families of APG Soldiers. Also, the Harford County Parks & Recreation Center will be distributing donations to needy Families in the Edgewood community. All are invited to attend and enjoy holiday music and refreshments.

Veterinary Treatment Facility closings

The APG Veterinary Treatment Facility will be closed Nov. 22 and 23 for the Thanksgiving holiday and Nov. 30 for end of month inventory.

The clinic will be open 9 a.m. to 3:30 p.m. on Nov. 20, 21, 26 and 27.

For more information, call the VTF, 410-278-4604/3911.

RAB meeting Nov. 29

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Nov. 29, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on performance-based contracts. Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line at 410-272-8842 or 800-APG-9998.

FEHB Health Fairs

FEHB, FEDVIP open seasons run through Dec. 10.

The remaining Health Fair is scheduled 9 a.m. to 1 p.m., Nov. 20, at the APG South Gunpowder Club, building E-4650. Plan representatives will be available to answer questions.

Rates for the 2008 Federal Employees Health Benefits and Federal Employees Dental and Vision Insurance Program rates have been posted. New rates will be effective Jan. 6, 2008.

To view FEHB rates, visit <http://www.opm.gov/insure/health/08rates/index.asp>; to view FEDVIP rates, visit <http://www.opm.gov/insure/dentalvision/08/vision.asp>.

There is no icon, click on the words, “dental” or “vision.”

More information on the Benefits

Open Season will appear in future issues of the *APG News*.

Employees must contact the Army Benefits Center-Civilian (ABC-C) or Web site www.abc.army.mil or call 1-877-276-9287.

Traditional Thanksgiving day specialty meal

The Thanksgiving Day Specialty Meal will be held in the APG North dining facility, building 4219 and the APG South dining facility, building E-4225, 11:30 a.m. to 2:30 p.m., Nov. 22. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The holiday meal rate of \$6.05 applies to any officer, enlisted member and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$5.15 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The Thanksgiving Day Specialty Meal Menu includes: hearty turkey and wild rice soup, shrimp cocktail, savory roasted turkey, orange-honey glazed baked ham, carved to order steamship round, apple and sausage cornbread dressing, savory bread dressing, fluffy mashed potatoes with giblet gravy, candied yams, buttered corn, green beans almondine, assorted salad bar, bacon and tomato salad, cucumber salad, Waldorf salad, cranberry sauce, hot rolls, apple pie, pumpkin pie, pecan pie, cherry pie, fresh fruit, hard candy, mixed nuts, soft serve ice cream with assorted toppings, assorted beverages and egg nog.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

Native American Heritage observance Nov. 27

The Garrison Native American Heritage Program Committee will hold a Native American Heritage observance, 11:30 a.m. to 1 p.m., Nov. 27, at the APG South Recreation Center, building

E-4140. The event includes music, entertainment and exhibits.

For more information call Linda Patrick, CHPPM, 410-436-1023; Sgt. 1st Class Elwood Veney, RDECOM, 410-436-4810 or James Rivera, EEO Officer, 410-278-1161.

Give the gift of life - blood drive Nov. 30

Support the troops by donating blood. The U.S. Army Research Laboratory will sponsor an Armed Services Blood Program blood drive, noon to 5 p.m., Nov. 30, Aberdeen North Recreation Center, building 3326. The blood drive is open to everyone.

For more information, call Patty Howell, 410-278-5217 or visit Web site www.militaryblood.dod.mil.

Office Products Expo Dec. 4

The Directorate of Contracting, U. S. Army Contracting Agency will host its annual Office Products Expo 10 a.m. to 2 p.m., Dec. 4, in the Aberdeen Proving Ground Recreation Center, building 3326, Erie Street. Refreshments will be served.

For more information, contact Dennis Bolen, ACA, 410-278-0849, DSN 298-0849 or e-mail dennis.bolen@us.army.mil.

Holiday Extravaganza, tree lighting ceremony

Army Community Service will host the annual Holiday Extravaganza and tree lighting ceremony 6 to 8:30 p.m., Dec. 6 at the APG North Recreation Center, building 3326.

The tree lighting is at 6 p.m. inside the APG North Recreation Center. Free photos with a “special guest” in his red suit, starts at 7 p.m.

Since this is a ticketed event, tickets can be picked up from ACS building 3326 only.

For more information, call 410-278-4372/7572.

AAFES to giveaway deluxe Disney Vacation

The Army and Air Force Exchange Service has partnered with Disney watch maker Seiko

Instruments to offer military Families an opportunity to experience the magic of a Disney vacation with an exclusive, military-only sweepstakes.

Now through Dec. 24, exchange shoppers can enter to win the “Disney Sweepstakes” at BX/PX locations worldwide. No purchase is necessary to enter and entrants do not have to be present to win.

The winner of the “Disney Sweepstakes” will receive a vacation for four, including five-day-four-night deluxe hotel accommodations, airfare from any city in the world and a four-day pass to a Disney World amusement park, all with an estimated value of \$10,000.

“This Family-friendly giveaway is sure to ignite the imaginations of holiday shoppers who will be coming to the BX/PX over the next few months,” said AAFES’ Chief of Communication Lt. Col. Dean Thurmond. “Opportunities like this sweepstakes reaffirm AAFES’ and its vendor partners’ commitment to military Families.”

The only requirement to enter is a military identification card authorizing contestants to shop at AAFES. See entry forms for complete details.

The “Disney Sweepstakes” drawing will take place February 2008. AAFES will award prizes within 30 days of the drawing.

Signup for subscription service

The Thrift Savings Plan now offers an e-mail subscription service for plan news and information. To subscribe, go to www.tsp.gov under “NEW - Get e-mail updates.”

Holiday refuse pickup schedule

Refuse pickup and recycling for all residential areas will be rescheduled for the upcoming holidays.

Nov. 21 - trash pickup and recycling

Dec. 24 – trash pickup

Dec. 31 – trash pickup

All Christmas trees will be picked up on Jan. 7, 2008.

CBRNIAC offers techni-

cal inquiry service

The Chemical, Biological, Radiological and Nuclear Defense Information Analysis Center, or CBRNIAC, provides a technical inquiry service.

The service offers up to four hours of technical analysis service at no cost to authorized users from Department of Defense agencies, other federal government agencies, DoD and federal contractors, state and local governments and emergency response organizations. The service covers the full range of CBRN defense and related homeland security topics.

To take advantage of CBRNIAC’s Inquiry Service, complete the “Submit an Inquiry” form on its Web site, <http://www.cbrniac.apgea.army.mil/info/inquiry.php>, or call James M. King, 410-676-9030.

Nominations open for Employer Support Freedom Award

The Department of Defense has opened nomination season for the

2008 Secretary of Defense Employer Support Freedom Award. National Guard and Reserve members and their Families are eligible and encouraged to nominate employers who have gone above and beyond in their support of military employees.

The award is the U.S. government’s highest recognition given to outstanding employers.

Recipients will be announced in the spring and honored in Washington, D.C., at the 13th annual Secretary of Defense Employer Support Freedom Award ceremony on Sept. 18, 2008.

Nominations will be accepted at www.esgr.mil through Jan. 21, 2008.

Reminder: Vehicle storage in housing areas

Personnel occupying quarters on Aberdeen Proving Ground are reminded that in accordance with APGR 190-5 and APGR 210-8 it is prohibited to store recreation vehicles, utility trailers and watercraft within the APG housing areas. Vehicles in violation are subject to impoundment at the owner’s expense.

Chapel News

Commentary: On Thanksgiving—The story of Stone Soup

By CHAPLAIN (COL)
RUBEN D. COLON JR.
USAG APG

Some of you have heard the story of the Stone Soup before, but it’s worth telling again because of the wonderful message it brings for Thanksgiving. Once upon a time a stranger rode his tired horse down a backcountry road on his way home from a long journey. It was late afternoon and the man was

tired and hungry. Ahead he saw a small village. “I’ll get something to eat there and find a place for the night,” he thought. Suddenly the horse tripped, throwing the stranger to the ground. As he brushed himself off, he saw that the horse had stumbled over a rock sticking out of the ground in the middle of the road.

He walked over to it and dug it out of the earth so that it would not trip anyone else. It was a splendid rock, almost perfectly round and smooth. The stranger liked the rock, so rather than throw it away, he put it in his saddle bag, climbed up on his horse and continued into the village. As he road past the first houses in the village, people stopped to stare. He waved to several of them, but no one waved back. He got off his horse and approached a woman standing in front of a small house. “Good evening,” he said cheerfully. “Could you spare a bit of food for a hungry man?” The woman began shaking her head almost before he had finished his sentence. “We have had a poor harvest here,” she said. “We are very worried that there is barely enough food for our Family. I am sorry.” She walked into her house and shut the door. The man continued to the next house where a farmer was working on his wagon. “Do you have a place at your table for a hungry traveler,” he asked. “It didn’t rain during the last month before harvest,” the farmer said. “What little we have is needed for our children.” At every home the stranger heard the same sad story: The harvest had been poor, and there was not enough food to make it through the winter. Everyone was very worried about themselves and their immediate Family. Completely discouraged and very hungry the man sat down under a tree in the village square. “Poor people,” he thought. “In a few weeks they will be as hungry as I am.” Suddenly an idea hit him. He reached into his saddle bag, took out the stone and addressed the villagers. “Gentle folk of the village”,

he shouted. “Your worries are over. I have in my hand a special stone that will help take you through the long winter. This is a magic stone. With it you can make stone soup.” “Stone soup?” an old man repeated. “I have never heard of stone soup.” “The wonder of stone soup,” the stranger continued, “is that it not only feeds hungry people, it also brings people together. Now who has a large empty pot?” Quickly a huge iron pot was found, and delivered to the stranger in a wheel barrow. “The kettle is barely large enough, but it will do,” the stranger said. “Now we must fill the pot with water and start a fire.” Eager hands carried buckets of water and firewood. Soon the pot was placed over a roaring fire. As the water began to boil the stranger dramatically raised the magic stone above his head, and then he gently placed it in the kettle. “Stone soup needs salt and pepper,” the stranger announced. Two children ran to find salt and pepper. After the water had boiled for few minutes the stranger sipped the brew. “This stone makes an excellent soup, but it would be better if we had a few carrots.” “We have a few carrots that we’re willing to share,” a farmer replied. Immediately his daughter ran home and returned with

an apron full of carrots. “It’s too bad the harvest was so bad,” said the stranger. “Stone soup is always much more tasty when we add a cabbage or two.” “I think I know where to find a cabbage,” a young mother shouted as she dashed towards her home. When she returned she was carrying three large cabbages. The stranger was busy slicing carrots and cabbages with his hunting knife. “The last time I made stone soup was at the castle of a rich man. He added a few potatoes and a bit of beef.

Several people talked quietly. “A bit of beef and we can eat like rich people,” they whispered. They went home and soon returned not only with beef and potatoes, but some brought milk, onions and barley too. By the time the soup was ready it was almost dark. It was the most delicious soup that they had ever smelled and to think, it all came from the magic stone. The stranger finally declared that it was done and invited everyone to have as much as they could eat. After everyone had eaten their full, some folk brought out their fiddles. Everyone began to sing and dance until the wee hours of the morning. Never had the village people had such a wonderful party. The next morning the whole village gathered to say goodbye

to the stranger. As he mounted his horse a small child called out, “You forgot to take your magic stone.” The stranger smiled. “I am going to leave the stone with you as gift of gratitude for your hospitality,” he said. “Remember, as long as you make stone soup, you will never have to worry about being hungry.” As he rode off a grandfather put his arm around the shoulders of his young granddaughter and said, “Do you remember the other bit of magic that the stranger promised when you make stone soup,” he asked. “Yes,” she said, “the stone brings people closer together.” On Thanksgiving we celebrate the goodness of our God in providing us the bounty of earth, sea and sky. The goodness of God who grants us a harvest of plenty, but also the goodness of God who shares with us the love that calls us to share. The story of Stone Soup is a story about sharing and caring when blessings seem scarce. The stone brings people closer together and feeds those who are hungry. We are not only thankful to God for his many blessings, but who has also given us blessings of love and acceptance, forgiveness and hope, love and joy as we are surrounded by friends and Family. This is what defines Thanksgiving.

Calender of events

Women of Grace Ministry

Women of Grace Ministry meetings, an APG Gospel service, will be held 7 p.m., on the first Friday of each month, APG North Chapel, classroom 4. The book “Confident Women,” by Joyce Myers will be read. All women are invited to attend. Childcare will be provided upon request. For more information or to register, call Renata Weaver, 410-272-6583. The Women of Grace Ministry also meet 10 a.m. the second Saturday of each month at a location to be announced. For more information, call Renata Weaver, 410-272-6583.

Catholic Women of the Chapel

CWOC invites all women to the first Friday of the month gatherings 10 a.m. and Monday evenings, 6:30 to 8:30 p.m. All meetings are held at the Main Post Chapel Fellowship Hall. For more information, call Cathy Day, 410-937-2617, Kathleen Santana, 410-273-7358, Librada Peters, 410-864-8815 or Bernadette Kovalsick, 410-322-5206.

Gospel Children’s Church/ Sunday School

Children’s Church is conducted every Sunday during the noon Gospel Worship Service at the Main Post Chapel. All are welcome. Children and adults are invited to attend Gospel Sunday School 11 a.m. to noon at the Main Post Chapel. For more information, contact Clarence Weaver, 443-567-8934. Volunteers are always welcome and training will be provided. For more information on Religious Education Chapel Programs, call Gerri Merkel, DRE, 410-278-2516.

Protestant Adult Bible Study

Protestant Adult Bible Study is held every Sunday, 9 to 9:50 a.m. at the Main Post Chapel.

Protestant Children’s Church

PCC is conducted every Sunday during the 10:15 Protestant Worship Service in the Fellowship Hall at the Main Post Chapel. All are welcome.

Smokeout

From front page

“We encourage everyone to get involved and help their loved ones quit tobacco,” said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. “No one should have to do it alone and there are great resources available on www.ucanquit2.org.” This Web-based cessation information and support tool provides help to those wanting to quit tobacco and those help-

ing others to quit tobacco.

On the site, users can develop a personalized plan for quitting; get information; play games; listen to podcasts; connect to federal, military, state, local, and on-line cessation programs; and communicate privately with a trained cessation counselor, seven days a week between 8:30 and 2:30 a.m. (eastern standard time). According to a 2005 DoD survey of health related behaviors among active duty military personnel, the prevalence of smoking among 18 to 25 year olds on active duty was signif-

icantly higher than among their civilian counterparts (men, 42.4 percent versus 37.6 percent; women, 29.2 percent versus 25.8 percent). “Despite decades of efforts to reduce the use of tobacco, it remains firmly entrenched in a segment of the military population, with new smokers and chewers starting every day,” Granger said. “The Great American Smokeout is a great time for service members and federal employees to begin their quit plan.” The Great American Smokeout promotion is the American Cancer Society’s annual, nationally recognized day when it asks smokers to give up cigarettes, cigars, chewing tobacco, or any tobacco product because of their health risks.

Visit
APG
News
online at

www.apgnews.apg.army.mil



MORALE, WELFARE & RECREATION

Activities/Events

Christmas in New York

MWR has scheduled several trips to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more. Trips will take place Nov. 17, and 24, Dec. 1, 8, 15, 22 and 29. Cost is \$40 per person. The bus will depart 7:55 a.m. and return 10 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_Leisure.

Do-it-yourself New York City tours

MWR has scheduled a trip to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

The trip will take place Nov. 17. Cost is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

Spend the day or weekend in NYC

The Civilian Welfare Fund will sponsor its annual trip to see the “Radio City Music Hall Christmas Spectacular,” starring the famous Rockettes, in New York City. Choose to spend either the day or the weekend.

The weekend trip costs \$689 for a single, \$449 for a double, \$324 for a triple, or \$308 with four people in the room. The bus will depart 9:30 a.m., Nov. 23. Price includes charter bus transportation, the ticket for the show, and hotel accommodations for a two-night stay. A \$50 per person deposit is due upon reservation.

The daytrip costs \$130 per person. The bus will depart 6 a.m., Nov. 24. Price includes charter bus, the ticket for the show, with time for shopping, sightseeing and lunch before

the show.

For more information or reservations, call Angela Keithley, 410-278-4603.

Radio City Christmas Spectacular

Travel to New York City to see the Radio City Music Hall Christmas Spectacular featuring the Rockettes.

Tickets for Nov. 24, 2 p.m. show cost \$120 each;

- Dec. 1, 11:30 a.m. show cost \$173 each (orchestra seating); bus departs 7:10 a.m.
- The Dec. 2, 11:30 a.m., show costs \$130; bus departs 7:10 a.m.
- Dec. 9, 5 p.m. show costs \$130.
- Dec. 14, 4 p.m. show costs \$130.
- Dec. 15, 5 p.m. show costs \$143.
- Dec. 16, 5 p.m. show costs \$130.

Seats are limited, register early. Cost includes charter bus transportation and a ticket for the show. Open to all DoD ID card holders.

For more information or to make reservations, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907, e-mail MWR-LeisureTravel@apg.army.mil.

Lyric Opera House

The Lyric Opera House will present Playhouse Disney Live, 12:30 p.m. or 3:30 p.m., Nov. 23 and 24.

Blast off to adventure with some favorite Playhouse Disney pals including the Little Einsteins Leo, Annie, Quincy and June and more.

Limited tickets are available. Tickets cost \$42 for orchestra/box seating; \$30.50 for tier level/dress circle seating first tier; and \$19 for balcony seating. Everyone regardless of age needs a ticket to enter.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Choice of shows at The Hippodrome Theater

MWR Leisure Travel Services has discounted tick-

ets for several shows at The Hippodrome Theater, located at the France-Merrick Performing Arts Center, 12 N. Eutaw Street, Baltimore.

Shows include:

- “Avenue Q,” 2 p.m., Dec. 15
- “Cirque Dreams,” 2 p.m., Jan. 26 and Feb. 2, 2008
- “High School Musical,” 2 p.m., Feb. 23, 2008; and 8 p.m., Feb. 29, 2008
- “Camelot,” 2 p.m., March 29, 2008
- “The Color Purple,” 2 p.m., May 3, 2008; 2 p.m., May 10, 2008; and 6:30 p.m., May 11, 2008.

Tickets are available for a limited time – purchase them now. Tickets range in price from \$33 to \$87. To order tickets, visit www.eventusher.com; enter the special password: 105MWRAPGMD and follow the instructions on the ordering page.

Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

For more information, or to purchase tickets, visit the MWR Leisure Travel Office located in APG North Recreation Center, building 3326, call 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Grease on Broadway

Sandy and Danny reunite once again. See Grease, 2 p.m., May 17, 2008, on Broadway. Tickets cost \$165 each and include bus transportation and Broadway play. This event is open to all DoD ID card holders. Purchase tickets in advance, or purchase tickets as a Christmas gift.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Discount tickets for APG Tickets available for Toby’s Dinner Theatre

Toby’s Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O’Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South

Community Recreation Division holiday hours Thanksgiving 2007

FACILITY	THUR, NOV. 22	FRI, NOV. 23	SAT, NOV. 24	SUN, NOV. 25
Arts & Crafts, EA	CLOSED	Noon - 8 p.m.	Noon - 8 p.m.	10 a.m. - 6 p.m.
Auto Crafts	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	Noon - 5 p.m.
Library, AA	CLOSED	CLOSED	1 - 5 p.m.	1 - 5 p.m.
Recreation Center, AA	3 - 11 p.m.	Noon - 11 p.m.	Noon - 11 p.m.	11 a.m. - 6 p.m.
Recreation Center Snack Bar, AA	3:30 - 10 p.m.	Noon - 10 p.m.	Noon - 10 p.m.	Noon - 5 p.m.
Recreation Center, EA	3 - 11 p.m.	Noon - 11 p.m.	Noon - 11 p.m.	Noon - 6 p.m.
Recreation Center Snack Bar, EA	3:30 - 10 p.m.	Noon - 11 p.m.	Noon - 10 p.m.	Noon - 5 p.m.
MWR Registration/ITR	CLOSED	CLOSED	CLOSED	CLOSED
Health & Fitness Center, AA	CLOSED	CLOSED	CLOSED	CLOSED
APG Athletic Center	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.
Hoyle Gymnasium/Fitness Center	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.
Outdoor Recreation & Equipment Center	CLOSED	CLOSED	CLOSED	CLOSED

Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

Baltimore shows

Two upcoming shows include Grease, Nov. 19; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

Columbia shows

Three shows include The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

Medieval Times offers “Kids Free” admission in November, December

Medieval Times Dinner and Tournaments offers “Kids Free” admittance tickets with each paid adult admission to

customers who purchase adult admission tickets at on-base ITR and ITT offices for performances scheduled through Dec. 25, excluding Nov. 23, 24 and 25. The offer is available at all Medieval Times Castles in North America. “Kids Free” tickets are only available for children 12 years of age or younger.

Families who want to book reservations should call MWR Leisure Travel Office, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Sports

Fall Aerobics classes at the APG North Fitness Center, building 320

Fee for individual classes is \$4 per session. For more information or to set up an aerobics class for a group, contact Jeff Pettitway, 410-278-9725.

Barbara’s step-weight aerobics, 20 sessions

Classes will be held 11:30 a.m. to 12:30 p.m., Tuesday and Thursday, thru Dec. 20. (No class Nov. 22; make up class will be scheduled.) Cost is \$44.

Joe’s cardio pump, 20 sessions

Classes will be held 5 to 6 p.m., Monday and Wednesday, thru Dec. 19. Cost is \$44.

Units are set to duke it out in November

Another Amateur Boxing Night is set for 6 p.m., Nov. 17, at Hoyle Gymnasium, building E-4210. The 16th Ordnance Battalion will defend its title against the 143rd Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for ringside seats. Admission is free for children 6 and younger. The event is open to the public. Doors open at 4 p.m.

Purchase tickets at MWR Leisure Travel Services building 3326, 410-278-4011/4907 or Hoyle Gymnasium, 410-436-3375/7134.

Holiday golf sale at Ruggles

Stop by Ruggles Pro Shop and save on a great selection of men’s and ladies apparel and equipment.

The golf sale starts Nov. 17 and includes 50 percent off of all Ashworth Outerwear and mock tees. Footjoy socks are on sale, 5 for \$10. Greg Norman Outerwear and mock tees are 20 percent off. Assorted men’s short sleeved shirts are 25 percent off.

Also choose from a select group of irons, wedges and woods at great prices.

For more information, call Ruggles, 410-278-4794. Hours of operation are 7:30 a.m. to 5 p.m. every day.



SCHOOL LIAISON

Impact Aid forms due by Nov. 16

All military personnel with children in Harford County public schools are requested to complete the Impact Aid form provided by their children’s school. Impact Aid funds can be used for school construction, hiring new teachers, and updating technology.

In this period of severe budget cuts, schools need the funds that the Department

of Education will provide in lieu of employee tax. The deadline to turn in the forms is Nov. 16.

For more information or to request an Impact Aid form, call Eileen Campbell, APG School Liaison, 410-278-2857 or e-mail Eileen.Campbell@us.army.mil, or call the child’s school office.

ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.

ACS announces ‘Holiday Sponsor Program’

With the holiday season fast approaching and the nation still fighting the War on Terrorism, the APG community is constantly reminded of the sacrifices of the men and women in the U.S. armed forces.

During these stressful times, some military Families are experiencing financial difficulties and require additional assistance. Army Community Service works closely with these Families providing supportive services throughout the year.

To help make this holiday season brighter for some of these Families, ACS will collect donations from individuals or groups desiring to sponsor a military Family.

For more information, call Arcelio V. Alleyne, ACS Financial Readiness Program manager, 410-278-2450/7572, fax, 410-278-9685 or e-mail, arcelio.alleyne@us.army.mil.

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center sponsors *Smart Start Your Business seminars*. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other ser-

vices offered by the SBDC will also be discussed.

For more information, call 410-278-9669. *The Waiting Families Support Group* is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY or deployments.

A meeting will be held Dec. 5.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A Support Group for Survivors meets 6 to 8 p.m. each Tuesday. The topic is “Talking it Out.” The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

A Support Group for Adult Survivors of Sexual Abuse will meet 11 a.m. to 1 p.m. on the second Wednesday of each month. “Let’s Talk About It” provides emotional support, begins the healing process and shares experiences and resources.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

Victim Advocacy APG 24-Hour hotlines: Domestic Violence-410-652-6048; Sexual Assault 1-410-322-7154.

Upcoming Civilian Welfare Fund events/trips

Nov. 23 thru 25 – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations

Nov. 24 – Trip to New York City for the Radio City Music Hall Christmas Spectacular
Dec. 1 - Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available. Reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

APG Bowling Center Snack Bar specials

Building 2342

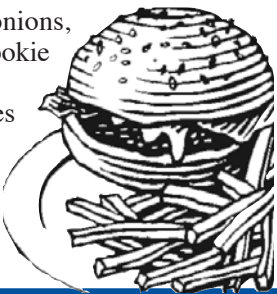
Week of Nov. 13

Special #1: Chicken filet salad served on lettuce, tomato, onions, cucumbers, green peppers, cheese, pickles side, potato chips, one cookie and soda for \$5.45.

Special #2: Grilled cheese with garden salad (lettuce, tomato, pickles onions), one cookie and soda for \$3.45.

No lunch specials the week of Nov. 19.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Harvest

From page 2

evening’s success.

“She just organized the same thing at Andrews Air Force Base,” Thomas said. “I knew she had some good ideas so I asked her to help.”

His mother said she was happy to work with the parishioners.

“We brainstormed and combined ideas and made sure that everything was spiritually related and that the children would understand the relationship of enjoying the harvest,” she said.

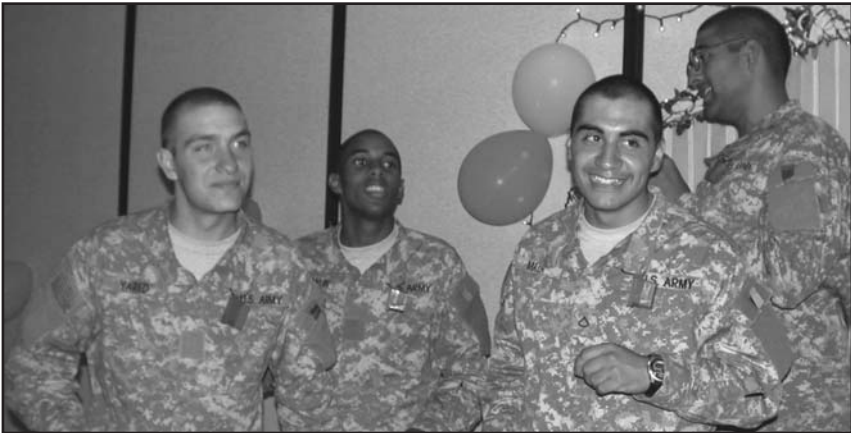
“I was so impressed with the Soldiers who came out and supported us,” she added. “This was a gargantuan task and they really made a difference.”

She said that all the hard work was worth what the evening brought to the children.

“I could feel a spiritual uplifting and see it in the children’s eyes,” she said. “It’s always beautiful to see them relating to God.”



Lisa Henson, 14, right, gets some treats from Hallelujah Harvest clown Pvt. James Starbuck, Company A, 16th Ordnance Battalion.



From left, Pvts. Joshua Yared, Company C, 16th Ordnance Battalion; Jimial Franklin, Company A, 16th; Levi Mata, Company B, 16th and Ignacio Navarrete, Company C, 16th, sing the ‘Jesus Loves Me Rock’ during a video karaoke in the music room.

Tour

From page 2

here say they still hear screams at night, and they refuse to go into the attic,” She said.

Near the corner of Union and Warren, Ryan told the story of a man who was killed by a stray rocket which decapitated him during the War of 1812.

“Centuries later people say he can still be seen wandering the streets looking for his head,” Ryan told her audience.

Later in the tour Ryan pointed out the Spencer Silver Mansion Bed and Breakfast. Ryan’s grand-

father, an orphan, was taken in and raised by the Silver Family, which is how her father got his middle name.

Ryan worked at the mansion for 10 years and said that “there are may haunts that walk these floors.”

At the end of the tour, Ryan thanked her customers and asked them to return.

“I hope all of you learned something new about Havre de Grace,” she said. “I had a good time, and I’ll be happy to stay to answer questions.”

Several guests said they enjoyed the tour and the guide.

“It was all very interesting,” said Deborah Markow, adding that

she had just moved here.

We thought it was fantastic, said Dale Calk as he and his wife June prepared to leave.

“This got my interest from when I passed through two weeks ago. I thought the guide was very good,” Dale said.

“I enjoyed the learning part as much as the stories” added June Calk. “And she made it all very interesting.”

The regularly scheduled Ghost Tour resumes next year in the fall.

Group tours are offered throughout the year. For more information, call the Havre de Grace Main Street office at 410-939-1811 or e-mail hdgmainstreet@verizon.net.



Edgewood High School senior Misty Fox, left, moves carefully through the water while listening to instructions from Staff Sgt. Dawin Vasquez, noncommissioned officer in charge of the Mire Pit training course, right, during a two-day vehicle recovery course hosted by the U.S. Army Ordnance Mechanical Maintenance School.

Students

From front page

mire level, laying out the cables and operating recovery equipment. Safety was stressed.

“Whatever you do, do it safely,” Vasquez said while issuing the students their safety helmets and work gloves. “Above all, pay attention and no horse play,” he said.

“If you don’t act as a team or follow orders, someone could get hurt,” Holem added.

Holem guided several of the students through the icy water showing them how to determine the mire factor, the level at which the vehicle was stuck in the water and mud. He explained that a level one was when the water was up to the center of the hub; level two was up to the fender and level three was anything over the fender.

The vehicle was submerged at an angle that included all levels, Holem said.

After determining the levels, Holem showed them how to lay out the cables to attach to the hook snatch box on the vehicle.

“This falls right in line with what they’re learning in physics class,” said Sgt. 1st Class Edward Cul-len, NCOIC, Instructor Branch. “They have to pull a load out using mechanical advantage. This gives them a visual of what they’re learning in school. It actually puts physics to work, and it’s the same thing we teach our Soldiers every day.”

When the training was over, the group of 17 year-old seniors agreed that the experience was interesting and helpful.

“I thought it was fun,” said Ryan Jarvis, a lacrosse player. “It shows how you have to work together,” Jarvis said.

“It was a lesson in communication,” added Richard Thomas, a soccer and basketball player and member of the swim team.

Misty Fox, said she was surprised to learn that mathematics was “actually included in something like this.”

“I had a lot of fun,” she said. “I actually learned how to pull a truck out of the water.”

Gerald Oliver, a senior on the school’s football, basketball, lacrosse and track teams, who plans to major in chemistry, said he also had fun.

“I learned how to calculate using math skills and ratios,” Oliver said, adding that he hesitated getting into the water but was glad he finally did. “It was cold but it was fun,” he said.

Another college-bound chemistry major, Nick Hartzell, said that the most important lesson learned was teamwork.

“I learned it takes more than one person to make a team,” he said. “And that nothing can get done if we don’t all work together.”



Your health is KUSAHC's goal



Commentary: Know your stressors; apply strategies to cope

Story by
LISA YOUNG
U.S. Army Center for Health Promotion and Preventive Medicine

Stress is a normal part of life for each of us. If we do not have at least some level of stress, we are numb, unconscious or dead.

However, one can have too much of a good thing. According to the 2005 DOD Survey of Health Related Behaviors, 32.5 percent of active duty military personnel reported “a lot” of work-related stress, and 18.5 percent reported a lot of stress due to personal/Family issues.

Stress comes from both the good and bad in our lives. Financial problems, relationship issues, illness, grief, job conflicts and weather are stressors common to everyone. Exciting events such as marriage, promotions, a new child or a new home mean we must adapt to changes that cause stress. The primary sources of stress reported in the 2005 DOD survey were having a baby, deployment and increased workload. For the military member and his/her Family, the additional stress of deployments and adjusting to post-deployment can lead to over-stress.

Although everyone experiences stress, we do not respond to that stress in the same way. How we respond to the stressors in our life makes all the difference. Chronic stress can lead to a person becoming distracted, confused, discouraged or exhausted. Self-destructive reactions—to include over-eating, substance abuse, isolation and addictive behaviors—must be avoided. By learning to study our personal stressors, we can detect them sooner, and then respond more appropriately with balance and self-care. This can enable us to better cope with what life brings our way.

How to study personal stress:

1. List the major stressors that are the most burdensome.
2. Rate each one on a scale of 1 to 10 according to the level of stress it causes.
3. Consider those with rating above 5 and determine ways to eliminate their weightiness.
4. Plan strategies to reduce the level of stress for those stressors that cannot be eliminated.

Lifestyle adjustments

These 10 lifestyle adjustments and strategies have shown to reduce the weight of the stressors we face and actually boost energy.

1. Don't over dramatize the ups and downs. Charlotte Kaal, Ph.D. and author of “Finding Joy,” said, “Peace of mind comes from not attaching a great deal of significance to either state. Move toward balance as best we can, accepting it as part of the flow of life.”

2. Release expectations. Cherie Carter-Scott, author of “If Life is a Game, These Are the Rules,” notes that we are destined to suffer unless we give up our need to have things work out exactly as we would like. By not judging a situation and responding neutrally to circumstances, we will not struggle to change them in unrealistic ways.

3. Engage in creative activities. By continuing to find new joys in life, in spite of hardships, we can minimize stress and move forward. Reestablish a past-enjoyed activity, learn a craft, take a continuing education class or begin a new hobby.

4. Enjoy some quiet time. Everyone needs at least 15 minutes of the day to themselves. Learn to enjoy the moment and relish the quiet. Use those precious moments to look out a window, watch the birds, walk the dog or listen to music.

5. Share concerns. Don't feel like you need to go it alone. Talk about your worries with a trusted friend, Family member, co-worker or behavioral health professional.

6. Write it down. Unburden your mind by putting those negative feelings and worrisome problems onto paper—then release the stressors by tearing them up and tossing them in the trash.

7. Get moving. Exercise—walking, cycling or weight training—increases the endorphins in your system to help reduce stress. If possible, get outside to the fresh air to feel even more rejuvenated and energized.

8. Eat right. A nutritious diet of healthy meals and adequate water can help control calories, make you feel better, and strengthen your body and mind.

9. Avoid the quick fix. Do not give in to tension relievers that have no staying power. Stress psychologist Robert Epstein writes, “Smoking cigarettes, drinking alcohol, bingeing on food—these are sure-fire stress failures. They give the illusion they are relieving tension, but they will not work over time.”

10. Take time for your self. If you are constantly interacting with others, always trying to please everyone and do it all, you will feel incredible stress sooner or later. Make an appointment with your self on the calendar. Learn to say “no” and decline requests.

Keep these ideas in mind and use them to manage your ultimate stressors. By using these strategies to reduce your stress, you can add quality and boost energy in your daily life.

More information and helpful resources on stress, specifically for the military member and Family, can be found on the Deployment Health Clinical Center Web site, http://www.pdhealth.mil/op_stress.asp.

New online resource can help TRICARE beneficiaries deal with life's challenges

TRICARE Management Activity

A new online educational resource offers TRICARE beneficiaries a secure, safe environment to seek information, educational materials and self-assessment tools on behavioral health, addiction and recovery, life events and daily living skills.

“AchieveSolutions” can be accessed through the behavioral health link in the beneficiary resources area of the Humana Military Healthcare Services’ Web site, www.humana-military.com. HMHS is the managed care contractor for the TRICARE south region.

“It is critical we recognize that our service members and families face enormous stress, and that stress can affect physical as well as mental health,” said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. “We support all efforts to reach out and offer help and advice on dealing with life’s challenges.”

The Department of Defense Task Force on Mental Health report recently referenced a DoD Survey of Health-Related Behaviors Among Military Personnel indicating 74 percent of active duty personnel cope with stress by talking with a friend or family member. Those individuals play a key role in influencing service members to seek help. As such, Family members, as well as service members, need to be equipped with coping skills, the



ability to recognize distress and the knowledge of how and where to get assistance.

The new AchieveSolutions site offers education and skill-building opportunities.

AchieveSolutions was developed by ValueOptions for the Behavioral Health, Employee Assistance Program and Work/Life ValueOptions, the south region subcontractor for mental health.

AchieveSolutions builds off of ValueOptions’ expertise in human behavior, and the importance of prevention, to provide quality information and education. Since the tools are on the Web, the information is available to all TRICARE beneficiaries at the touch of a fingertip.

Resources provided on the Web site, which are offered in both English and Spanish, include: access to self-referral tools, behavioral health program information, interactive self-assessment applications with solutions, health risk assessment tools and benefit information.

AchieveSolutions contains more than 6,000 articles cover-

ing more than 200 topical areas such as: information on advocacy, emotional well-being, Family concerns, dealing with illness, loss and grief, alcoholism and substance abuse. The content of the site is continually updated to reflect new research, articles and material.

According to Dave Baker, HMHS president and chief executive officer, the information is clinically credible, current and consistent with ValueOptions’ focus on quality. To ensure user privacy, the Web site is a Veri-Sign secure site, which means that all traffic to and from the server is secured by encryption. Visitors can be assured that their Web history will remain private.

“This new tool offers our beneficiaries the privacy needed to research a potential health concern without fear of repercussion,” Baker said. “At HMHS, we are committed to providing quality health care services to the men and women we serve.”

“ValueOptions is proud to manage the mental health benefit for TRICARE beneficiaries, including active duty Soldiers and their Families,” said Barbara Hill, CEO of ValueOptions, Inc. “ValueOptions’ AchieveSolutions tool serves as an accessible vehicle to provide much needed behavioral health support and education. AchieveSolutions is an effective use of technology that allows us to reach out to the service community in an entirely new way.”

TRICARE's Program Integrity Office battles fraud

TRICARE Management Activity

The Government Accountability Office says that 10 percent of all health care expenditures are fraudulent. TRICARE’s first line of defense against health care fraud is its Program Integrity Office, and the proof is in the office’s recently-released annual operational report (www.tricare.mil/fraud).

The Program Integrity Office is responsible for all anti-fraud activity worldwide for the entire Defense Health Program, including the purchased care and direct care settings of the Military Health System.

“Our mission is to ensure that appropriate anti-fraud controls are in place because it’s a major part of ensuring quality health care for our military Families,” said Rose Sabo, director of the TRICARE Program Integrity Office. “It’s also a major part of ensuring the appropriate expenditure of taxpayer dollars.”

The Program Integrity Office’ investigations have helped DoD recover huge sums but Sabo says that’s not their only focus.

“Patient harm cases are the worst,” Sabo said. “We give those as high a priority as cases that are high dollar.”

To get TRICARE’s contractors highly involved in the effort to avoid medical payment scams, Sabo launched Operation TRICARE Fraud Watch in

1999. The dental contractor, the pharmacy contractor and the managed care contractors use what’s called link analysis artificial intelligence software to identify odd billing patterns and cost aberrations. The Program Integrity team also has access to Medicare’s database and receives notices from the Department of Justice when whistleblowers make allegations against any health care program. By using a centralized purchase care data warehouse, they can then look at a provider’s pattern of billing to determine whether allegations are supported.

Sabo says that beneficiaries can also be a big help in crushing medical fraud by reviewing their explanation of benefits, or EOBs.

“We need their help in validating that they indeed received the services and if not, to contact us,” Sabo said. “Many cases have been launched just based on our military families contacting us after looking at their EOBs.”

If a beneficiary suspects fraud in their medical bills they should contact the contractor that processed their claim. TRICARE’s fraud Web page at www.tricare.mil/fraud has links to each of the contractors’ Web pages. Beneficiaries can also send a report directly to the Program Integrity Office through the fraud line e-mail, fraudline@tma.osd.mil. Either way, they can be confident that every allegation is investigated, even if it’s anonymous.

TRICARE seeks, listens to input on its new Web site

U.S. DoD Military Health System

When the TRICARE Management Activity launched its new Web site in July, their objective was to make it easier for beneficiaries to find the information they need about their benefit.

With close to 900,000 visitors in its first full month, the Web site appears to be quite popular; and valuable feedback from many of those visitors is helping TRICARE to make the site even better.

“As we learn directly from our beneficiaries what’s important for them to find quickly and what information they want most, we are working to make our Web site even more useful to everyone who needs to know

more about their TRICARE benefit,” said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity.

One obvious example of a recent change for the good is visible at the top of the ‘My Benefits’ section. The banner that shows valuable resources was linked to the TRICARE Smart Site, which is a repository of useful documents like the TRICARE handbooks. When it was pointed out that beneficiaries may not realize the purpose of the Smart Site, the link was renamed. Adding the word “publications” and making the top banner wider have made it easier for beneficiaries to find the handbooks and other documents they need.

TRICARE officials say they can make the Web site even better with the continued help of their beneficiaries.

“We need people who visit the Web site to keep giving us that input, and to keep us on our toes,” Granger said. “We owe them the simplest, most trouble-free access to their benefit information and with their help we’ll keep improving.”

Officials hope that every Web site visitor who had difficulty or has a suggestion will go to www.tricare.mil/websitefeedback and leave a detailed message, so the Web team can work on the problem. They are listening, and eager to hear what beneficiaries have to say.

Commentary: Your smoking affects more than just you

BY BRAD TAFT
U.S. Army Center for Health Promotion and Preventive Medicine

Soldiers live, work, fight and die in service to our great nation. The work they do positively affects other Americans. That’s good. But some things Soldiers do have negative effects on others, especially their Families and friends. That’s bad.

For example, smoking. Smoking tobacco can be disabling and deadly—we all know that. Even so, tobacco is a legal product that can be purchased at the age of 18 in nearly every state (Alabama, Alaska, New Jersey, Utah and parts of New York have a minimum age of 19).

But the right to smoke has some restrictions. Why? Because the deadly products of smoking tobacco affect not only the smoker, but also other people.

In 2006, the U.S. surgeon general published a full report, “The Health Consequences of Involuntary Exposure to Tobacco Smoke.” Involuntary exposure to tobacco smoke is often called “secondhand smoke.”

In this document, the surgeon general reports these negative effects:

- Secondhand smoke causes premature death and disease in children and in adults who do not smoke.
- Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome, acute respiratory infections, ear problems and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.



Photo by Ben Bunker, CHPPM

- Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.

The American Lung Association reports that secondhand smoke causes approximately 3,400 lung cancer deaths and 46,000 heart disease deaths in adult nonsmokers in the United States each year. Did you get that? “...in adult NONSMOKERS.”

The ALA also reports that secondhand smoke is especially harmful to young children. Secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year. It is also associated with about 430 SIDS deaths in the United States each year. Did you get that? Secondhand smoke is linked to sickness and death in BABIES.

You don’t have to be a smoker to get hurt by tobacco smoke. Secondhand smoke has serious negative effects on the health of nonsmokers, espe-

cially children.

If you smoke, you have a hard choice to make. Are you going to continue down the tobacco road that hurts you, your Family and your friends, or are you going to choose the difficult road to freedom, freedom from the tobacco addiction that hurts you and those you most care about?

It’s not easy to become free of tobacco addiction. You will have to try, and try, and try again to break the addiction. But being free is worth it. Do what it takes to win the fight against tobacco addiction. The Army healthcare team wants you to beat the addiction and will do all that it can to help you win the fight.

Talk to your healthcare provider. Remember, when you smoke, you hurt yourself, and the secondhand smoke hurts others. Do the hard, right thing. Be free.

Additional sources

- The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, <http://www.surgeongeneral.gov/library/secondhandsmoke/>
- American Lung Association, <http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=35422>
- Smokefree.gov, <http://www.smokefree.gov/>
- CHPPM Tobacco Control Toolkit, <http://chppm-www.apgea.army.mil/dhpw/Population/Documents/FINALGASO-2006Toolkit.pdf>

(Editor's note: The American Lung Association number in the Combined Federal Campaign Contributor's Guide is 11998, page 16.)

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Karen Blades
William Bond
Debra Bonsall (daughter has brain tumor)
Henry Cason
Donna Cianelli
Janice Combs
Barbara Crossley

John Daigle
Wayne Doyle
Beverly King (caring for husband)
Coby Lantry
Gloria Morales
Margaret Nahrgang
Cindy Orwig

Gloria Scott
Donna Sexton
Mark Shipman
Dianne Simmons
Willie Stevenson
Christine Wheaton
Charles Young

VETERANS' VOICES

World War II veterans meet at West Nottingham

Story and photo by
YVONNE JOHNSON
APG News

On their way to a reunion in Pennsylvania, a group of airborne veterans and supporters of Company A, 504th Parachute Infantry of the 82nd Airborne Division stopped at West Nottingham Academy in Cecil County to remember their former commander, the late World War II hero Col. Richard Hallock, a 1937 graduate of the school and founder of the Hallock Scholarship.

Founded in 1744, West Nottingham is the nation's oldest boarding school. It is located in Colora, Md., near Rising Sun.

On Aug. 13, the school's historian, Joseph C. Ray Jr. and history chair Francis J. "Rusty" Elder, led the group on a tour and a private viewing of Hallock's awards, decorations and mementos.

They included his Bronze Star and Purple Heart medals, unit patches, a Class A uniform, various certificates and a French certificate for Croix De Guerre, which he earned from 1939 to 1945.

Hofmeister said he remembered the young Hallock well.

"He wasn't very aggressive but he didn't take too much off of you either," he said.

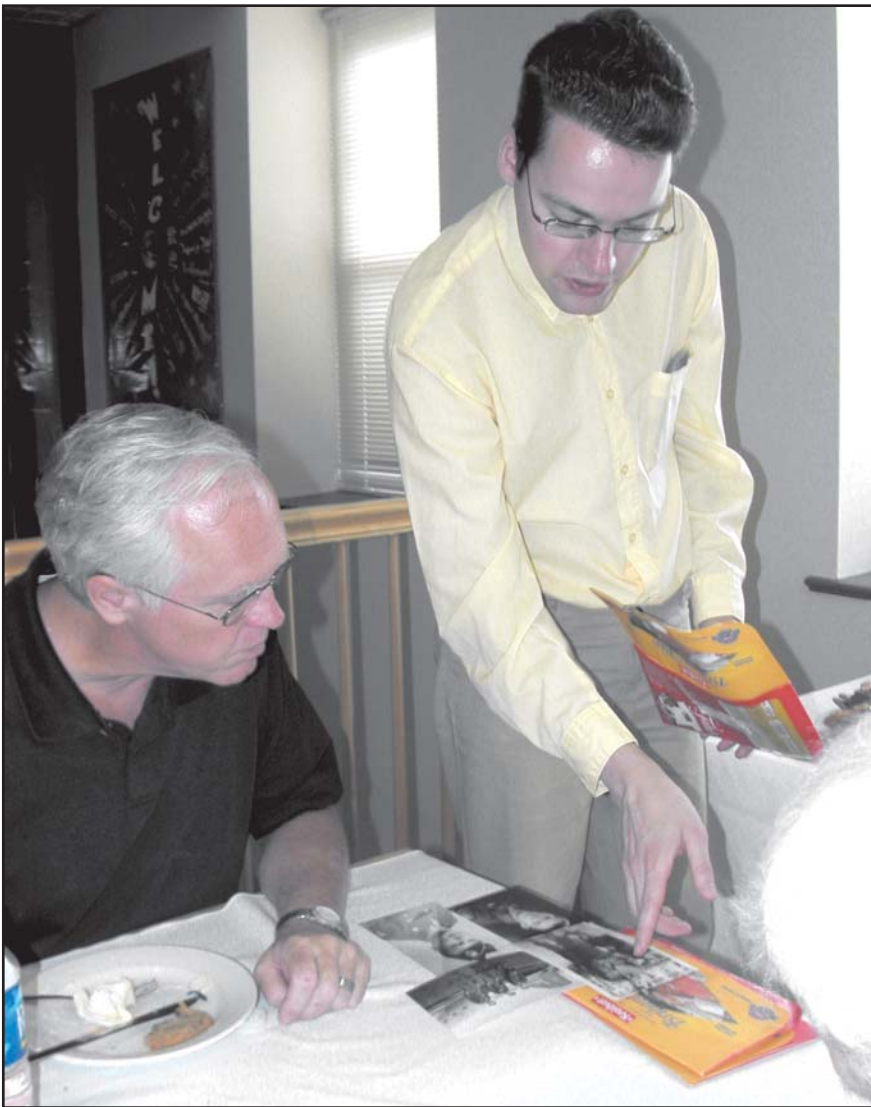
Keck remarked that he and Hofmeister were in the same squad and hadn't seen each other in 61 years.

"It really hasn't sunk in yet," he said.

In all, Hallock earned 37 medals during his career.

"A big part of this these aren't just mementos, they are teaching tools," Eder said. "I use them in history classes."

Ray, who has been with the academy since 1962, said that it was that first visit by men who served with Hallock.



Johan Van Asten, a Dutch student and historian, right, shows Francis J. "Rusty" Elder, history chair for the West Nottingham Academy in Colora, Md., left, photographs of veterans of the 504th Parachute Infantry Regiment during a visit to the academy by members of the unit Aug. 13.

"So much about that period is not on paper," he said. "They remember it in their minds, and I hope, make a record of it for all of us."

"It was guys like them who are heroes to us today," added Eugene Daley, the academy's director of Information Systems and a former member of the 82nd Airborne's 505th PIR who served in Desert Storm.

Guests included 504th PIR veterans Charles W. Hofmeister of Baltimore, who served as Hallock's translator and his wife Inga; and Len Keck, a former machine gunner from Lancaster, Pa., and his wife Florence along with Frank Van Lunteren, author of the book 'Brothers In Arms,' which includes stories of Company A during World War II; and Johan Van Asten, a

Dutch student who has researched the unit for years and was partly responsible for the dedication of a bridge to the 504th as well as to the 505th and 508th PIR and 307th Engineer Company.

"Meeting them is altogether a great experience," Asten said. "It's very special for me."

A native of Eindhoven, the town in the movie, 'Band of Brothers,' Asten said that all children were taught about the Waal River Crossing near Nijmegen. Intrigued by the acts of the Allied Forces, as he grew older he started researching the units involved and eventually made contact with former members of the units which led the erection of a footbridge over the river named in the unit's honor. Asten brought with him a video greeting from the mayor of Nijmegen to play at the convention the next day, in which the mayor thanks the unit members for their service and assures them that they, their children and their grandchildren would always be welcome there.

"They are the ones who gave us our freedom," Asten said.

The achievements of Hallock's life are still being felt today at West Nottingham Academy through the generosity of his widow, Mimi Hallock and the Hallock Foundation. They have made significant contributions to the school, including the continuation of the Hallock Scholarships, which provide full boarding, tuition and other costs to eligible children and grandchildren of career military and foreign-service veterans.

Operation Market Garden: Sept. 17-25, 1944

An Allied military operation in World War II, Operation Market Garden's objectives were to secure a series of bridges over the main rivers of the German-occupied Netherlands by large-scale use of airborne force-

es together with a rapid advance by armored units along the connecting roads, to allow for an Allied crossing of the Rhine river, the last major natural barrier to an advance into Germany. The operation was initially successful with the capture of the Waal Bridge at Nijmegen on Sept. 20, 1944.

Nijmegen

Boats ordered by the 82nd Airborne the day before failed to arrive until afternoon, and a hasty daylight assault crossing was ordered.

At about 3 p.m., the 3rd Battalion, 504th PIR made the crossing in 26 canvas assault boats into well-defended positions. The unit had no training on the British-made boats. A shortage of paddles required some troopers to paddle the craft with rifle butts.

About half the boats survived the crossing under heavy fire; survivors then assaulted across 200 yards of open ground on the far bank and seized the north end of the bridge. German forces withdrew from both ends of the bridge, which was then rushed by guards tanks and the 2nd Battalion, 505th PIR, securing the bridge after four days of struggle. The costly attack was nicknamed "Little Omaha" in reference to Omaha Beach.

To the east, German attacks on the heights made significant progress, capturing the only remaining bridge suitable for tanks.

A counterattack at Mook by elements of the 505th PIR and 4th Battalion, the Coldstream Guards forced the Germans back to their line of departure by 8 p.m.

When Gen. Miles Dempsey of the 2nd Army met Gen. James M. Gavin, commander of the U.S. 82nd Airborne Division, he is reported to have said (in reference to the Nijmegen attack), "I am proud to meet the commander of the greatest Division in the world today"

Army honors children of fallen in video teleconference

Story by
ELIZABETH M. LORGE
Army News Service

The Army honored the children of fallen-hero Chief Warrant Officer 4 John W. Engeman Oct. 29, in a ceremony split between the Pentagon and Baghdad that was a time of tears, laughter and above all, pride.

Chief of Staff of the Army Gen. George W. Casey Jr. presented the Gold Medal of Remembrance to Engeman's daughter Nicole Engeman at the Pentagon while at the same time via video teleconference Lt. Gen. Raymond T. Odierno, commander of Multinational Corps-Iraq, presented the medal to her brother, 1st Lt. Patrick Engeman, a platoon leader with the 10th Mountain Division, in Baghdad.

Sponsored by the White House Commission on Remembrance, the Gold Medal of Remembrance was created in 2006 to honor children who have lost a mother or father during opera-

tions in Iraq or Afghanistan.

According to Carmella LaSpada, the commission's director, the medal is the first of its kind to recognize children for their sacrifices in war.

"We're a nation of symbols," she said. "We came up with something they could have the rest of their lives, and every time that they would hold this and see this, they would know that there is a grateful nation who recognizes the sacrifices of their fathers."

Casey said the first remembrance ceremony he attended on Memorial Day was "heart wrenching." The service chiefs were supposed to present the medals and leave, but he said they couldn't do that. They ended up going forward and embracing the children, who ranged from a few months old to their 20s.

Having lost his own father in Vietnam, Gen. Casey said he was especially sympathetic to the sacrifices of these Families, but he urged them

to remember the important work their loved ones completed in Iraq and Afghanistan, against an enemy who wants to destroy the American way of life. He said that without men and women like Engeman, who worked on a transition team training Iraqi security forces, security in Iraq would not be possible.

Engeman was serving as part of an embedded special transition team to train and advise Iraqi security forces while assigned to the 1/312th Battalion, 30th Enhanced Separate Brigade. He was killed May 14, 2006, when his vehicle hit a roadside bomb.

"I think it says a lot about his dad that Patrick chose to be in the Army too," said Odierno. "I think that says a lot about his leadership. I appreciate the great job he's done since he's been here as a platoon leader carrying on the tradition. We're very proud of him over here, and I know he's living up to his dad's expectations."

Wearing a gold star pin and carrying her hus-

band's hat, Donna Engeman, Engeman's wife of over 23 years, said her husband commissioned her son in the proudest moment in both of their lives, and that although sending him to the place his father died was difficult, she was proud of their commitment and duty.

The ceremony, she added, was comforting and important in the process of moving forward.

"I think this is a great thing, and I am so pleased and so happy, grateful, to the Army for doing this for us," she said. "One of the things that you worry about as a widow, is, 'I'm going to lose my Army Family.'"

"John was in the military for twenty-eight years. In a sense, we have no other Family; and the thought of losing that was so frightening. The dynamics of the relationship have changed a little bit, but things like this, remind me that my Army Family is still here, and I'm grateful for that," she said.

Defense Secretary honors military women at memorial

Story by
JOHN J. KRUZEL
American Forces Press Service

Defense Secretary Robert M. Gates paid tribute to women who have answered America's call to duty since the nation's founding during the Women in Military Service for America Memorial's 10th anniversary celebration in Arlington, Va.

Located at the entrance to Arlington National Cemetery, the memorial is the only major national monument dedicated to all women who have defended America from the Revolutionary War through current operations in Afghanistan and Iraq. The memorial was dedicated Oct. 18, 1997, and opened to the public on Oct. 20, 1997.

Gates, who served as the celebration's keynote speaker, said that women's military role has expanded since the memorial's dedication a decade ago.

"Consider that in 1997, when the memorial was new, few women staffed the crews of aircraft carriers. It is routine now," he told several hundred audience members gathered near the memorial's 30-foot high curved entrance Nov. 3.

"In 1997, women were new

at training to be fighter pilots. Within weeks of September 11, 2001, female pilots were in the skies above Afghanistan - a reality that must have been a grim and galling surprise for the Taliban, who would not let a woman drive, educate herself, or even walk down a public street unescorted," Gates said as the crowd cheered boisterously.

"In every war and in every generation, American women have served the cause of freedom, going all the way back to the Revolution," Gates said of the roughly 2.5 million women who have served in the U.S. military. "A good deal has happened since the memorial went up ... [but] what has not changed is our respect for women throughout history who have stepped forward in defense of their Families, their communities and their country."

The secretary said women have "shared in the burdens and the tragedies of war," noting that nearly 100 women have been killed, and more than 550 wounded in Operation Enduring Freedom and Operation Iraqi Freedom.

Dawn Halfaker, a retired Army captain injured in Iraq,



Photo by CHERIE A. THURLBY
Women veterans watch a helicopter flyover during the 10th Anniversary Ceremony of the Women's Memorial Dedication at Arlington National Cemetery Nov. 3. The helicopter pilots were all female and assigned to the 12th Aviation Battalion at Fort Belvoir, Va.

was one of seven female service members who addressed the audience during a portion of the ceremony called "Voices of the Women." A rocket-propelled grenade severely wounded Halfaker in 2004 while she was deployed with the 3rd Infantry Division.

Speaking on behalf of female service members

wounded in current U.S. operations, Halfaker told the hundreds of former female military members in the audience that the women of her generation are inspired by their great example.

Other women service members joining Halfaker onstage were Lorraine S. Dieterle, a former member of the Coast

Guard who photographed the Victory in Japan Day celebration in New York City's Times Square, and who helped establish the women's memorial, and Marsha L. Four, who served in the 18th Surgical Hospital in Vietnam as an intensive care nurse with the Army Nurse Corps.

Navy Capt. Maggie L. Rich-

ard, a 22-year veteran nurse, Air Force Brig. Gen. Michelle D. Johnson, Air Force director of public affairs, and Lance Cpl. Sona P. Babani, a native Iraqi turned U.S. citizen, represented the other "Voices of Women" speakers. The niece of Esther P. Corcoran, a 101 year-old who was one of the highest-ranking female officers in the Women's Auxiliary Army Corps, and who fell ill before the ceremony, addressed the crowd on her aunt's behalf.

Gordon H. Mansfield, acting secretary of Veterans Affairs, said the Women's Memorial reminds the country that equality in America was forged in large part by the courage and perseverance of military women.

"Today, in this time of war, Americans know and understand that women in uniform are and have been, a vital part of our national defense," he said. "Every day, American service women are putting their lives on the battle line."

"And because of that fact," he continued, "there is no question that they have earned and deserve our nation's honor, respect and gratitude."